

THE EMPRESS EXPRESS

VOLUME XXIII. No. 25

EMPRESS, ALTA. THURSDAY, Nov. 28th, 1935

Price: \$2.00 Per Year.

United Church

Sunday services:
Empress—
Sunday School, 3:00 p.m.
Church Service, 7:30 p.m.
Song service, 7:15 p.m.
Rev. A. T. Bell, pastor.

A whole trainload of Ford V 8's 300 strong, passed through Basano bound for Vancouver, Wednesday morning. The cars were loaded and marked with the well-known insignia, left Windsor, November 15, for export to New Zealand.—Mail, Basano.



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Alberta's 1935 Wheat Crop

Severe frost which in certain areas of Alberta's crop a coup de grace of the last August caused a great deal of damage as it now being brought out by thrashing and delivery returns. In the first place the wheat crop was cut to 105,200,000 bushels, while earlier indications were that it would be 20 million bushels larger. Then the grade has been brought down so that approximately 52 million bushels will be 5 and 6 and; 21 million bushels 3 and 4 Northern; and only 32 million bushels 1 and 2 Northern.

Annual Meeting of Alberta Wheat Pool Delegates

The thirteenth annual meeting of the delegates of the Alberta Wheat Pool will be held in Calgary, commencing Tuesday morning, December 28. The assembly brings in 70 delegates representing a similar number of districts from the length and breadth of Alberta. These conventions are generally characterized by a thorough study of their organization's affairs by the delegates who are thus enabled to formulate policies and to obtain full information to be later supplied to the membership. This convention of course is a most important annual feature of the Wheat Pool movement and always arouses a great deal of interest—Pool Budget.

It will be of interest to many to know that food stuffs and other commodities have seen a considerable rise in prices recently according to reports, in the United Kingdom. The rise is said to be occasioned by droughts and other acts of nature. It will be remembered that Britain put into effect restrictive measures on various classes of agricultural production.

Early Morning Hockey Frolic

The Leader hockey team were visitors in town on Monday for a friendly game with the locals. A number of the team came down by train and others by truck from Leduc. Those making the trip by truck encountered trouble on the way and did not reach here until after 10 o'clock. The Hockey Club Dances had then started and in order to give the Leader team their game it was decided to play the game at 2 a.m.

Accordingly both teams faced each other on the ice at the Arbitrator Bob Campbell's goal, the mid-night ice frolic commenced. Both teams found the net for two tries each in the introductory period, but the remaining two periods were scoreless. Extra time was called and Leader notched the deciding goal, winning by a 3 to 2 score.

Advance of Science

Dr. Wilhelm Sichel has established in Vienna, one of the strangest of clinics. It is an institution catering to men and women who have discovered what jealousy is doing to them and who wish to get over being that way. "Every minute of the day," the psychiatrist states, "somebody somewhere is being killed through jealousy or taking his or her own life. Thus we are facing a serious plague. And in addition we find we must hold jealousy responsible for countless hours of unproductive time by persons not driven to death." The psychiatrist classifies jealousy as a disorder of the emotions or instincts.

MacDonalds To Stay In Cabinet

London, Nov. 23.—Prime Minister Stanley Baldwin today reshuffled his Cabinet with so few changes that another deal in the near future is freely predicted in political circles.

Linsey MacDonald remains as Lord President of the Council, though rejected by the selectors of Seaboard. His son, Malcolm MacDonald is promoted to be Secretary of the Dominions.

The only member of the former Cabinet to disappear is Lord Londonderry, Lord Privy Seal. Only newcomer is Alfred Duff-Couper, who succeeded Lord Halifax as Secretary for War. J. H. Thomas, veteran Secretary for the Dominions, becomes Colonial Secretary in the place of Malcolm MacDonald. Lord Halifax becomes Lord Privy Seal.

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Enjoyable Dance

The dance put on in the theatre by the local Hockey Club on Monday, November 25, drew a very good attendance. The crowd was enlarged by the arrival of the Leader Hockey Club members late for their game which had been tilted for playing previous to the dance. A merry time was enjoyed by all who attended. A pleasant event was concluded at 2 a.m.

Mantario Nominations

Nominations passed off quietly in R.M. Mantario No. 202; Rowe Dahl and Counsellors Montgomery and Francis were re-elected by acclamation for Division 6 in place of Cn. Hawtin who was not seeking re-election.

Chief interest in the meeting was in regard to having the Municipality erected into an inspected district for bovine tuberculosis and contagious abortion. A petition was signed during the afternoon for that purpose by about thirty rate payers.

C. Evans Sargent, Sec. Treas.

Betting Even on Roosevelt

New York, Nov. 23.—Literary Digest Poll of national sentiment resulted in Wall Street odds on Roosevelt's chances of re-election dropping to even money. Until now Roosevelt has been an "odds on" favorite. The Digest poll of 10 million voters indicated the President would lose in regions where 18 months ago he could have polled a substantial majority.

Canada May Resume Trade With Russia

Ottawa, Nov. 23.—Resumption of trade with Russia as part of the government's policy of world-wide trade expansion to day was reported in official circles as very probable. "I think we should trade with every country," Hon. W. D. Eather, Minister of Trade and Commerce, stated today.

Signs of the times are shown in the Quebec elections which took place on Monday. The Taschereau government narrowly escaped defeat and was re-elected to office with a scant majority over a combination of Conservatives and a Group Action Liberales Nationales. The government which has been in office for 38 years (Liberal), had 48 seats against 42 for the allied opposition. Recognition in a number of cases is expected where the voting was close.

The Prairie Farm Rehabilitation Act

The second anniversary of the Lethbridge Experimental Station Weekly Letter comes with this issue and the occasion seems appropriate to refer briefly to some of the new and important work that is being carried on in connection with the Prairie Farm Rehabilitation Act passed by the Dominion parliament last spring.

This Act was designed to give assistance to farmers on the Canadian prairies, where farming, it must be admitted, is to a large extent a continuous struggle against drought. The productive power of the soil even in years of little more than average rainfall is a matter of established record, but past experience and the drought of the past six years particularly have indicated clearly enough that it is the dry years that need to be provided for in establishing safer and more permanent systems of agriculture throughout the different localities of this area.

The Rehabilitation Act which is being administered by the Experimental Farms Branch, provides, it is believed, a practical and effective plan of attack against the various problems arising from drought by giving leadership in assisting drought sufferers to become, as the title implies, rehabilitated and to re-establish their farms on a more secure and longer term basis. The various methods being proposed are not necessarily new though the idea of rehabilitation program is original in that it provides for the first time organized means of introducing by practical demonstrations methods and types of farming that have been proved by investigations and experience of practical farmers, to be best adapted for the different regions concerned.

The rehabilitation program of cases is expected where the voting was close.

St. Mary's Anglican Church

During the prevalence of conditions which preclude visiting outside points, services will be held at Empress as follows:
11:00 a.m., Holy Communion.
7:30 p.m., Evensong and Sermon.
Rev. J. S. Parks, Vicar.

is broad in its scope in that it embraces all major phases of the drought problem including the control of soil drifting, grass and forage crop development for food production, the reclamation of abandoned areas particularly for grazing purposes, tree-planting, soil surveys and last but not least, the program for assistance in providing water for domestic use and stock watering as well as for irrigation projects particularly in arid areas.

Working in connection with the program during the past season included mainly the establishment of pilot sub-stations at each of the eight following points: Pincher Creek, Whitham, Biddison, Cessford, Youngstown, Castor, Lomond and Foremost. The last two would be entirely new, whereas the others, formerly illustration stations, were converted into district sub-stations where soil reclamation work, including strip farming and the use of trash covering for soil drift control as well as various cultural practices and cropping systems are being tested and demonstrated. Another program under way at these stations is the growing of annual and perennial crops for winter feed.

Grass development, in which crushed wheat grass is featured, is being undertaken in connection with the large area of some 8,000,000 acres in the eastern part of southern Alberta where much of the land previously farmed has been abandoned and ranching or a combination of farming and ranching is developing. Re-grassing is (cont. on back page)

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K. N. Keston A. Heston
Proprietors

Thursday, Nov. 28th, 1935

Dave Lush arrived back from
Edmonton on Wednesday.

Joe Anderson left today on a
trip to Hilda by car.

Albert Shannon left today for
Medicine Hat by car.

R. Arthur, of Estuary, was a
visitor in town over the week
end.

Sam and Dave Adams sail on
the 29th of this month for Ire-
land on a visit home to their
mother.

Dr. Dowler came through by
car from Barstall, Sask., on
Thursday of last week.

Don MacRae and Jack West-
burg went to Barstall today to
get the former's car which he
had left there during the snow-
storm of about two weeks ago.

Rev. and Mrs. J. S. Parke
made a trip to Medicine Hat on
Thursday last, returning on
Monday of this week.

The regular meeting of the
United Ladies' Aid will be held
at the home of Mrs. J. Stoney,
on Thursday, December 5, at
3 p.m.

Messrs. Glen Russell, Ira
Clarke, Dan, McEachern, left
on Wednesday on a trip to
Medicine Hat.

Weather of the past week has
been decidedly milder. Sunday
was a very nice day and early
on Tuesday morning a light
rain fell. However, the weather
seems to be settling down to
the usual pattern of a few
days ago, with a little, at
times, rain and sleighing
on the 28th.

The fortunate circumstances
of our lives are generally found
to be of our own producing.—
Goldsmith.

The world is seldom what it
seems.
To man who dimly sees,
Realities appear as dreams,
And dreams, realities,
—Moor.

Every German worker is
obliged to take a holiday, but

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(Dr. D. N. MacCharles)

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the State pays the costs, and
has organized for him an ex-
tensive program of cultural
and sports activities.

Rehabilitation Act—cont.

periment areas, six in all, have
been established as part of this
work at Bowell, Hutton, Ces-
ford, Stannore, Sullivan Lake
and Sounding Creek near Neo.
Further details of the rehab-
ilitation program may be ob-
tained by writing to the Sta-
tion at Lethbridge. Any ex-
quiries regarding water devel-
opment, which will be dealt with
in detail in a future letter, should
be referred to the Water
Development Committee, Swift
Current, Saskatchewan.

R. M. Mantario No. 262
(cont. from last week)

That whereas, owing to drou-
ght, the majority of wheat in
the dried out areas was har-
vested before the grain board
commenced operations, and owing
to the extremely small yield the
farmers in these districts were
obliged to sell immediately
lyn order to pay harvesting
expenses, that this Council of
the R. M. Mantario No. 262 re-
quest the consideration of the
Grain Board to the adjustment
of the price to the minimum
set by the Board on all wheat
marketed from Aug. 15 to the
date when the Board commenced
operation, and by so doing
reduce the expenditure on relief.

Francis—That in the event of
C. Haynes moving to the Pro-
vince of Alberta and taking up
residence and farming in that
Province, that this Municipality
guarantees that he shall not be-
come a charge on the Govern-
ment of the Province of Alber-
ta so far as direct relief is
concerned for a period of
twelve months from the date
of his leaving Saskatchewan.
And in consideration of the
said guarantee being given, and
said C. Haynes give the Muni-
pality an assignment of the

owner's share of the crop on
his land in this municipality
until all indebtedness for taxes
and relief due to R. M. Mantario
No. 262 is satisfied.

C. Edwards was not present
when this motion was put and
consequently did not vote.

Dahl—That in view of the
difficulty of financing the sch-
ools due to the series of crop
failures, and the fact that about
75 p.c. of the ratepayers are on
direct relief, and whereas the
present part of the grant being
earned this term before Decem-
ber 1st, would only increase the
difficulty of financing next term,
which in any case will be more
difficult than this one, the Coun-
cil of the R. M. Mantario No. 262
request the consideration of an
additional grant of 50 cents a
day to the schools in this mun-
icipality for the full term.

Edwards—That the Secre-
tary be instructed to write all
holders of gift certificates to the Vol-
untary Relief Committee, and to
Mr. Dawson of the Dept. of
Public Welfare, and to thank
them on behalf of this council
and of our people.

The cars were offered through
the following:

Kisley to Empress—W. G.
Harding, Sec. Treas. R. M.
Brook 64 Kisley.

Conquest to Eyre—W. F.
Quine, Conquest.

Hughton to Eyre—Mr. F. H.
Forsyth, Hughton.

Heiercrest to Mantario—Mrs.
H. H. Horton, Heiercrest.

Eskbank to Outhbert—Mr. R.
D. Pomeroy, Sec. Treas. Eyre-
brook, 183, Eskbank.

Tuxford to Empress—Rev. G.
R. Burt, Tuxford.

It would be appreciated if
any ratepayers who have re-

ceived gifts off these cars would
write to any of the above.

Francis—That the Reeve and
Sec. Treas. be and are her-by
authorized to negotiate a loan
of \$2000 with the Bank (Royal)
Alaska for school, and that by
possession of taxes be given
as security, interest not to ex-
ceed 6 1/2 p.c.

The Sec. Treas. was instruct-
ed to notify the Trust Co. for
the Marshall property, that the
fencing encroaching on the road
allowance must be removed or
will be charged against the
land for cost of same.

Meeting adjourned at 4:30
a.m.

C. Evans Sargent, Sec. Treas.

HEALTH

by

W. A. SARGENT

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

Statistics

The criticisms which are

heaped upon statistics should

be heaped upon those who at-

tempt to interpret the statistics

rather than at the statistics

themselves. After all, statistics

are merely a record of facts ex-

pressed in the form of figures.

Facts are facts, but the inter-

pretation of facts may be faulty.

Many people are interested in

blood pressure. For one thing,

they want to know what is the

normal rate. The truth is that

there is no such thing as a nor-

mal blood pressure. Statistics

give us the average pressures of

persons who are apparently

normal. Individually, we are

not average persons, and we

may still be normal even if we

do not conform to the statistic-

al average.

It is only some fifty years ago

that a practical apparatus was

devised whereby physicians

could measure the blood pres-

sure. The use of the sphyg-

momonometer is now a regular

part of the medical examina-

tion. It is one of the most use-

ful aids which the physician has

at his command.

The blood must be under pres-

sure in order that it may circu-

late. The pressure depends upon

the heart, the blood vessels, the

condition of the organs through

which the blood passes. Not only

the blood pressure is affected

by changes in all or any one of

these, but it is also influenced

by the emotions.

In certain cases, increased

blood pressure, or hypertension,

is found to exist without any

apparent cause. The person

himself is unaware of it, and

it is fortunate for him if de-

tected at a periodic health ex-

amination before any harm has

resulted.

Such hypertension is known

as an essential hypertension. It

occurs most commonly among

those who live a strenuous or

worrying and energetic life,

taking no time for relaxation.

Statistics show that the men

who are above the average

weight are frequently hyperten-

sive.

Preventive lies not only in

drugs, but in good health hab-

its. Avoid over-eating and avoid

over-weight. But in mod-

eration of a wide variety of

foods, making sure to include

milk, green vegetables and fresh

fruits in diet. Moderate exer-

cise at something which is en-

joyed provides a part of the re-

laxation—physical and mental

—which is required by all. Suf-

ficient sleep is essential. All

of this may be summed up by

saying—live a reasonable, hy-

gienic life, forget statistics and

control your blood pressure.

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